



TIPS FOR FAMILIES

Today's Learning at Home Ideas:

Prepare a space in your home that has all the materials needed for learning activities.

Today's Community Resource:

Henrico Mental Health: 804-727-8515
8am-4:30pm

Today's Learner Support Strategy:

Be flexible with how long it takes your child to learn or complete an activity – encourage

Today's Mindfulness Tip:

For one minute, repeat "May (I or You) be well and filled with kindness and peace."

Today's Social-Emotional Support:

Three ways to stay calm:

Breathe in and out slowly 10 times

Draw a picture about how you feel

Squeeze a stress ball



Charles City Public Schools

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Please check the Charles City Public Schools' Facebook, Twitter, and website for weekly "**Tips for Families**".

For counseling support or someone to talk to, but not crisis or an emergency, contact our School Social Worker, **Mrs. Stephanie Leek at 804-301-1871**, or the Supervisor of Special Education, **Ms. Kristina Williams at 804-393-0264**.